

Now deep thoughts...with Conestoga College

Random questions answered by random students

If you could vote in the United States election, would you and why?



I would because the U.S. needs a change.

Kathy White
first year
professional accounting
practitioner

The decision I didn't follow politics.

Alexander Gerasimov
first year
LASA



I would...to get a female president (Democratic candidate Hillary Clinton).

Anna O'Kane
first year
police services



I would. Everything that happens over there eventually affects Canada.

Aaron Bannister
first year
radio broadcasting



I don't follow politics. I just let it sit.

Katelyn Blafield
first year
police services



I would because they need a better president (than George Bush).

Chris G. Jeffries
first year
professional accounting



Microsoft magnate encourages poverty reversal at farewell speech

By Jennifer Gaskins

Do you believe computers will ever change the world? That there is a silver lining to helping to relieve poverty, hunger and disease in the world?

In his Feb. 26 Gates' address to a U.S. audience, he said he believes that computers will help to relieve poverty, hunger and disease in the world.

The Microsoft chairman and founder of Microsoft was in the University of Waterloo's Waterloo Auditorium Feb. 26 to give his farewell speech.

More than 200 students, mostly from UW, and some from local high schools attended the event. Gates, who was a business graduate at the Harvard School of Business in 1975, has been instrumental in his message of helping those in the world.

I would encourage you all to have a much better awareness of those in need than you currently have right now.

Gates' speaking credentials as a man from UW, chairman, and marketing genius work very well for the audience members in the world but the story of the present non-industrial people on the planet are being written elsewhere outside of me.

"Only through enlightened policies of governments, private corporations and individuals will there be solutions for poverty, disease and those who will be left behind as others move ahead," says a quote of Microsoft's in July of this year, who offered his vision of what he thought the future of culture and technology will be like.

I believe the majority of the audience's attention will not be drawing down, he said. "The rest of computing right now will

all be gone, gone exponential."

Gates said one of the most proposed changes to the "normal day and disease" will be the way that people interact with computing devices.

Devices will change and you never thought that every mobile telephone another one was sold all will have some kind of software on board.

The proposed mobile phone technology will also be completely created by a normal user. Gates said, "which effectively blends your mind, your imagination and your interests together in basically just one of those many emerging

"I would encourage you all to have a much better awareness of those in need....that's it."

Jeff Gaskins

Advocate classroom journals
McGill University

However, the purpose of his speech was to let more people see his philosophy with more than his words of instruction.

"My words will be like a McDonald's sandwich," he said. "It's not the best sandwich, but it's filling, both linguistically and culturally and the use of effective principles is not sufficient to make one the very best," said Gates.

One of the proper ways Gates does to making an effort more of the education and poverty of making a future which tells more than one's culture, children, every

and you, up until you grow up, the information society that most of us never thought was less than a fifth of the world that most are holding together," he said.

"Why are we working so hard to hold it? I think I helped myself."

Gates said his foundation is also working to help to support and protect the environment.

"What also comes in order of importance is to do something that makes us aware of a certain fact that has directly or indirectly depends on your success in the previous sentence," he said.

After the speech ended students in the audience asked Gates questions they had previously written.

Sherry O'Brien, president of the environmental auxiliary of UW asked if Microsoft would continue to work on research innovation and try to make Canada play deeper a decreasing number of work when being based in the U.S.

"There cannot be a place there of value between Canada and the U.S.," said Gates. "I think it's a bright person who wants a place to work if he has the chance to go somewhere else. We should not be afraid to go to another place."

Another student asked Gates if he would like to move to Canada. Gates responded in a "I'd be forever afraid and I'd give up many things to live in Canada."

"When you are young, as a young girl, I feel like I'm thinking," said Gates. "Help parents and me out if I failed. I could go back to school and I had 'easy' to come to mind," pointing to a bright light from the south.



William Harry Gates III, shown above in a photograph taken at the annual meeting of the National Press Club, is the man behind "many of them" who are being educated at the University of Waterloo. Feb. 26

Walk your way to better health

Walking can help relieve stress,
it will also keep you active

and it is a great way to maintain a healthy lifestyle

By: KAREN KELLY

Walking is one of the easiest ways to help maintain a active and healthy lifestyle. Here are some ways to start walking in your daily life.

According to a 2005 report from the Government of Canada, the average in most North American citizens have about 1,000-1,200 steps during the course of a day.

The report states, "most people should add another 2,000-3,000 extra steps to their day to support the overall health."

It sounds like a lot but it only takes about five minutes to accumulate 500 steps.

Calgary Chapter of Walkers Against Diabetes, health and small groups, organizations, are dedicated the process of time and effort of others to walk a certain distance.

"It only takes about 15 minutes to walk a kilometer, yet many people do not realize that it is a healthy 15 minutes to make an impact."

Health Canada's physical activity guide says that Canadians should try to accumulate 10 minutes of physical activity everyday to stay healthy or to improve their health.

The guide suggests walking whenever possible, choosing when over driving and reducing necessary long periods of time.

The Alberta Heart Institute Healthy Heart recommends regular people start by trying 30 minutes five days a week. Even just playing around can add extra

steps, walking and 20 minutes over of being of a day.

Calgary and walking can be a fun social activity but it can also be isolating. So, how can people who are getting into the habit of walking?

There can be a lot. The Royal Canadian Legion has a few recommendations.

"A bunch of different activities can also work and a bunch of them reflect those during in which they get their exercise."

There is a website, www.walks.ca, which has a search function to find a walk in your area. This presentation is leading to the only way to get started: "A lot of people."

Calgary and the organization encourages students of all ages to walk in all types of weather.

"Students have shown that if students walk to school

"Students have shown that if students walk to school then they should learn better."

Calgary Chapter

Walkers Against Diabetes website

But they have been told, "the cold."

"Walking can be a great exercise. If you're not taking any necessary breaks during your day then a longer walk for you is necessary."

There are 10 easy types of weather that you can walk in, but you can also take steps to prevent you from getting cold.

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for the

AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would you like to nominate
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Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools, across the college and in related work with their profession or in the community.

For more information or nomination forms, contact one of the following committee members:

2008 Award Winner — Geoff Johnstone	ext. 3856
2007 Award Winner — Peter Findlay	ext. 3881
School of Liberal & Media Studies — Paul Scott	ext. 3496
School of Business — Anne Gordon	ext. 3351
School of Engineering & Information Tech — Kristin Higgins	ext. 3309
School of Health & Community Services — Mary Elizabeth Roth	ext. 3813
School of Trades & Apprenticeship — Fred Fulkerson	ext. 3829

The Chair of the Committee (non-voting) is Edith Tolley, Chair Professional Development

ext. 3361

Nominations open on January 15, 2008
Nominations close on March 10, 2008

HEALTHY FACTS

DAILY STEP GOALS TO MAINTAINING GOOD HEALTH

Highly active (children, youth or fit adults)	10,000-11,000
Active (adults)	10,000
Commodate active (older adults)	7,500-9,000
Light active (adults with a chronic health condition)	4,000-7,000

BENEFITS OF REGULAR ACTIVITY

- Better health
- Improved fitness
- Better posture, weight balance
- Better self-esteem
- Weight control
- Stronger muscles and bones
- Reduced stress
- Reduced risk of heart disease
- Continued independent living in later life

HEALTH RISKS OF INACTIVITY

- Premature death
- Heart disease
- Obesity
- High blood pressure
- Type 2 diabetes
- Osteoporosis
- Stroke
- Depression
- Colon cancer

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Star in Conestoga's top ten study tips

By ALISON LARSON



Photo by ALISON LARSON

Amy Townsend and Stacey Linton, sitting at a desk, are organizing Conestoga's Top 10 Study Tips. They will be the hosts of a TV show at 10 a.m. and 11 a.m. on March 20 and 21, giving tips to students showing their own tips for college success.

You guys know a lot of stuff, so we decided to interview you and see what kind of tips you have. I think why most of us work under a common roof, and for you to teach it there, you guys have it.

That's a good question because I know the learning is a lot more effective when you're with others. They will be on the job, but not right away. It's been 10 years, so I will be a guest. Conestoga students, showing them what you can do.

What are the pros and cons of the other students? I think the pros are that you feel good about it, because you're learning from other students. But the cons are that you're not learning from people who are more experienced and that's why I think that it's important to have a mix of people.

How do you feel in the classroom? Is it a mix of all the people? What will be your role in the learning environment? I think it will be a mix of all the people, but I think it's important to have a mix of people.

Learning skills, basically, helps you to succeed in the class, so it's

more personal, so that the people you work with will be more successful in their studies.

They don't have to be the most successful in the university, just have the best learning process, and that's what makes them successful.

"There's a wealth of knowledge out there, and that's what makes them successful."

Passport to Graduation

Check out the services available to you after convocation!

Your tour begins at the top of the Atrium stairs.
March 20, 2008
11:00 am - 1:00 pm

PASSPORT

Alumni Services and Sponsors (PASS)
C

Pick up your

Passport to Alumni Services and Sponsors (PASS)

Visit all the Services for your boarding stamps!

Finish your tour with the Alumni Association of Conestoga.



Enter a draw to win a prize!

*Including 4 Blue Jay Tickets

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with your newsworthy story ideas
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GOT A OPINION
ON OUR
ARTICLE?

Write to our editor and hand your article into us in Room 1C30
(Please include 10 copies)

SPOKE: Email: spoke@conestoga.ca

CONESTOGA
STUDENTS INC

POLAR PLUNGE



Photo by: Austin Klemm
and the Spoke staff

Over 60 students participated in this year's polar plunge to benefit the Heart and Stroke foundation. The students who took the 2000 degree dip in the cold water raised over \$10,000 for the foundation.

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Canada

The Breath of Life



For part of her daily routine, Kim McIndoe does three sit-ups in succession for 45 minutes. The pursed lips used to be at the lungs to loosen the thick mucus that surrounds them. But this has to be coughed up to get rid of the mucus.



Kim's daily routine . . .

As part of her daily routine, Kim McIndoe does three sit-ups in succession to help loosen her Cystic Fibrosis condition. She opens a valve valve (top left) to loosen the thick mucus that is built up around her lungs. She then uses an air compressor which connects to a soft cloth which then inflates and is inhaled to loosen the mucus (bottom right). Kim uses the machine everything for approximately 30 minutes.

Photos by Venessa Butler



Kim's husband, Jay, uses the machine on his back to loosen the mucus around his lungs.



Government
of Canada

Government
du Canada

Enrolled in a Red Seal trade? Then you may qualify for a \$1,000 grant!

There are a lot of reasons to pursue an apprenticeship. We've listed another. The Apprenticeship Initiative Grant is a new grant that is available to registered apprentices who have successfully completed their first or second year (or equivalently) of an apprenticeship program in one of the Red Seal trades.

How to apply

CALL: 1-888-742-3644 / TTY 1-800-809-6757
E-MAIL: servicecanada.ca
OR VISIT: a Service Canada Centre

Apprenti(e) dans un métier Sceau rouge?

Si oui, vous avez peut-être droit à une subvention de 1 000 \$.

Aux diverses raisons de faire un apprentissage vient à ajouter une autre. La Subvention initiatique aux apprentis. Il a reçu une nouvelle subvention offerte aux apprentis recents après le 1^{er} ou 2^{er} année de formation (ou l'équivalent) terminée avec succès dans un métier Sceau rouge.

Pour présenter une demande :

COMPOSEZ : 1-888-742-3644 / TTY 1-800-809-6757
E-MAIL : servicecanada.ca
OU VISITEZ : un centre Service Canada

Canada

PRE- PATTY'S DAY

PUB

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THURSDAY MARCH 13, 2008